NUTRITION IN BREADS AND PASTRY

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Innovations in bread making, cakes and pastry are geared toward achieving good health. Some people think of baking as beneficial for health, for business purposes and for relaxation. There are culinary trends that consider health content. How will affect the consumer? Some cuisine and restaurants consider cakes and pastries as a compliment to the main course other services are the fundamental aspect of innovation of restaurant line courses to serve. We can say that baked products have a big effect in the economics of any industry related to food service. Innovations in baking drive the industry to a higher impulse in catering.

Chefs become innovative so that it can cater to the clamor of culinary service. Usually, the baking as an industry serves as a retail services, wholesale and food services. Generally, women and mothers have no time to cook or bake so they result in services of retail stores or bakeries for convenience. We consider the light calorie content, texture, palatable taste and low cost for the economy as well. The innovations in baking consider a lot like health benefits, less sugar for diabetic and obese consumers. Moreover, the designs aim for healthful products, whole grain, fiber content, prebiotics and probiotics, antioxidants ingredients for a better well-being.

References: